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Male Greek fraternity members and their self-perceptions on muscularity

Kevin Malburg

Eastern Illinois University

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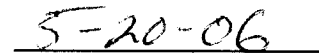
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**MALE GREEK FRATERNITY MEMBERS AND THEIR SELF-PERCEPTIONS
ON MUSCULARITY**

BY

Kevin Malburg

THESIS

**SUBMITTED IN PARTIAL FULFILLMENT OF THE REQUIREMENTS
FOR THE DEGREE OF**

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YEAR**

**I HEREBY RECOMMEND THAT THIS THESIS BE ACCEPTED AS
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05-08-2006
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Running Heading: Fraternity Men Self-Perceptions on Muscularity

**MALE GREEK FRATERNITY MEMBERS AND THEIR SELF-PERCEPTIONS
ON MUSCULARITY**

Kevin Malburg
Eastern Illinois University
1981 -

Committee Members:

Dr. James Wallace, Advisor
Dr. Julie Dietz
Dr. Richard Cavanaugh

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ABSTRACT

The quantitative study examined the body image issues of fraternity men at a mid-size Midwestern university and their level of concern with the muscular physique of their bodies. The participants were all undergraduate fraternity men between the ages of 18 and 25. The sample population (N=256) was surveyed using the Drive for Muscularity scale (McCreary & Sasse, 2000) to answer the following research questions: 1) Do fraternity members desire a more muscular physique than the one they already have? 2) What percentage of fraternity members use supplements to enhance their body image? 3) Do fraternity members perceive the opposite sex would prefer them to be more muscular? 4) Do gay fraternity members, men that are sexually attracted to other men, perceive that other gay males would prefer them to be more muscular? 5) To what extent do fraternity men have a perceived muscular dysmorphic disorder? Findings for the study suggest that a majority of fraternity men have a desire of a physique that is more muscular, a little over half of all participants used supplements, and more than half of the fraternity men feel that the opposite sex would prefer that they were more muscular. There was not enough data to draw conclusions about gay fraternity men and if they perceive that other gay males would prefer them to be more muscular. There were a variety of degrees of muscular dysmorphic disorder that could not be readily determined.

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CHAPTER I

Introduction

Introduction to Research Problem

Erikson (1968) proposed that the body is an intricate part of the affective and cognitive development of an individual's self-perception. Kelly and Johnson (2005) reported that efficient use of time was positively correlated with a college student's conscientiousness. Feeling comfortable with oneself, especially one's physical appearance, is essential to the psychological development of most college students. Too much time, money and energy spent on a college students' appearance can significantly impact their psychosocial development and academic success.

Research conducted by Huang, Harris, Lee, Nazir, Born, and Kaur (2003) suggested that approximately one-third of the male college student population were overweight. O'Dea and Abraham (2002) found in a study of 93 men that nine percent had a clinical eating disorder. Pope, Phillips, and Olivardia (2000) wrote a book titled *The Andonis Complex*, which focuses on men that desire a larger muscularity. Men with extreme cases of desired muscularity were classified with muscular dysmorphic disorders.

The population of interest in the current study were men that lifted weights and desired to be more muscular. Muscularity in our society has increasingly become a subject of popular concern. In media projected images, for example, the male body is highly visible in magazines, as actors and models have displayed increasing amounts of muscle mass than in past years. This and other developments have affected men around

the world and how they view their own masculinity and muscularity (Wagner, Shemek, & Vance, 1998).

Purpose of the Present Study

The purpose of the present study was to examine the self-perceptions regarding body image, muscularity, and psychosocial development of fraternity men attending a mid-size, Midwestern university. The research literature is abundant with studies that have as their focus college students and the body image issues they may face (Debate, Topping, & Sargent, 2001; Huang, Harris, Lee, Nazir, Born, & Kaur, 2003; Pope, Gruber, Mangweth, Bureau, deCole, Jouvent, & Hudson, 2000). Each of these studies examined only men, women, or a combination of both genders, and different ethnicities. Researchers have often sampled students in selected classes to gather data or take random samples of a general population on a college campus. To date, no particular student group has been examined to determine whether they may be more prone to negative body image perceptions in comparison to other student groups. The only research conducted on body image of a particular student group examined eating disorders in sorority women (Schulken, Pinciario, Sawyer, Jensen, & Hoban, 1997).

Statement of the Problem

From personal observations, the researcher, also a bodybuilder and fraternity member, noticed that a large percentage of males that used the campus gymnasium facilities were fraternity members. Specifically, these fraternity men spent a great deal of their time using the weightlifting equipment. Whether the weightlifting equipment and other gymnasium facilities were used only to maintain a fraternity members' health or to

increase or decrease their physique was not easy to determine solely from observation.

Pope and Olivardia (2000) devised a system of comparing male muscular development through pictures to determine ratings for individuals that were in a typical range of muscular development to the muscular development of others that had taken performance-enhancing drugs. There were many males on the high end of the scale, but that had not take any type of performance enhancing drug. At most, the scale can guarantee the detection of someone that has used performance enhancing drugs by their extreme muscular development, but there is no way to tell with someone that has started taking performance enhancing drugs or has taken them for a short period of time unless someone has been measuring their muscular development.

Intramural sports play a large part in the culture of fraternity life at the Midwestern university which served as the research site for the present study. Receiving the most points on behalf of one's fraternity for performing well in intramural competitions was very important. It was a badge of honor to be able to tell everyone on campus that one's fraternity was the best at intramurals. Some individuals were pledged into a fraternity simply because active members felt they would be beneficial to the chapter's intramural teams. Some fraternities had statements in their by-laws that required an individual to participate on several intramural teams each semester. To excel at many of these intramural games required the individual to have a high Max VO₂ and great strength. Getting into the gym to use the cardio equipment and to lift weights became a daily necessity for some fraternity men.

There were also selected events on campus that may have affected fraternity men

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and influenced their behavior with regard to muscular development. The first was the annual bodybuilding competition held each spring. Students entered the competition, which required displaying to the public their muscles with the least amount of body fat possible. Oftentimes, bodybuilding competitors would turn to performance enhancing drugs to add more muscle to complete a more symmetrical appearance to their body or resort to extreme dieting to reduce their body fat content.

One of the most popular events the campus holds and was strictly for Greek students was the Annual Tug-of-War. All contestants in "Tugs" were required to have a certain weight to qualify for their fraternity's 'small man's' or 'big man's' team. In addition, all team members were limited to a maximum combined weight total. In the past, many members of a Tugs team would diet and exercise excessively to drop as much weight as possible. There were some concerns about fraternity members' health when they would try and lose excessive amounts of weight to make the mandatory weight of 175 lbs. per team member. Periodic weight-ins were established so participants could only lose a maximum of 2.5 lbs. per week to minimize the risk from excessive dieting.

Research Questions

Through the study of fraternity men and their body image perceptions, the following research questions were explored.

1. Do fraternity members desire a more muscular physique than the one they already have?
2. What percentage of fraternity members use supplements to enhance their body image?

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3. Do fraternity members perceive the opposite sex would prefer them to be more muscular?
4. Do gay fraternity members, men that are sexually attracted to other men, perceive that other gay males would prefer them to be more muscular?
5. To what extent do fraternity men have a perceived muscular dysmorphic disorder?

Sample Population

The sample population for the current project were undergraduate men who were members of fraternities on a mid-size, Midwestern university. Participants were selected on the basis of membership in a single sex, Greek letter social fraternity. Approximately 567 males comprised the entire population of men affiliated with single sex, Greek letter social fraternities at the university. All fraternity chapters under jurisdiction of the campus Interafraternal Council (IFC) were given the opportunity to participate voluntarily in the study.

Site

The mid-size, Midwestern university is a fully accredited comprehensive research institution located in a city of about 20,000 residents. The university is home to more than 12,000 students, of which approximately 3,500 reside in residence halls and Greek housing units located on campus and operating under the auspices of the campus housing department. The campus consists of seventy buildings on 320 acres of land. The undergraduate student population of 9,302 consisted of 4,038 men and 5,264 women, respectively. The gymnasium facilities were located in the Student Recreation Center, a 70,500 square foot facility. The free weight room had four benches, four squat racks, two

cable cross over machines, two smith machines, one decline bench, one sled, a leg press, a hack squat, and two sets of dumbbells ranging from 15 lbs. to 100 lbs. weights that increased in 5 lb. increments. In the cardio area of the gym were 9 Life Step machines, 8 Woodway treadmills, 16 Precors, 13 LifeFitness lifecycles, one LifeRower, 2 Cross-aerobic machines, heavy/speed bag boxing equipment, TreadWall climbing machine, and 33 Trotter selectorized machines.

Definition of Terms

1. Fraternity members/males – A male student that is recruited and becomes a member of a social Greek organization to uphold the values and standards of that organization at a college or university.
2. Binge eating – An eating disorder characterized by eating more than is needed to satisfy an individual's hunger immediately followed by a purging of consumed foods (All Refer.com: Health, retrieved September 24, 2005).
3. Eating Disorder - A psychological illness in which an individual eats in a way that is detrimental to their health and well being (Cash & Pruzinsky, 2002).
4. Body Image – The internal, subjective representations of physical appearance and bodily experiences (Cash & Pruzinsky, 2002).
5. Muscular Dysmorphic Disorder – A psychological disorder in which an individual's obsession about his/her desire to be muscular overtakes their day-to-day life (Anred.com, retrieved September 24, 2005).

6. **Max VO₂** – The maximum amount of oxygen someone inhales during aerobic exercise. It is measured by millimeters of oxygen per kilogram of body mass per minute (Derchak, Stager, Tanner, & Chapman, 2000).
7. **IFBB** – The International Federation of Bodybuilders (IFBB) was formed in 1946 and controls the sport of bodybuilding and fitness and counts among its sport disciplines men's, women's, juniors, masters and mixed-pairs bodybuilding; women's fitness and body fitness; men's fitness, and classic bodybuilding. The mission of the IFBB is to provide an Information Service to its Affiliate Members - IFBB National, Regional and Continental Federations - in addition to the supporters and fans of bodybuilding and fitness worldwide, as well as to the public-at-large (IFBB.com, retrieved April 23, 2006).
8. **Supplements** – Anything taken that will fill in a deficiency in an individual's diet. Vitamins, diet pills, herbs, and amino acids are supplements considered in this study.

CHAPTER II

Review of the Literature

Introduction

When the ideal body image is presented as a topic, the female gender is most often the focus of dialogue. Currently, the perceptions of 'perfect measurements, flawless skin, low body fat, and a lean and supple figure are no longer restricted to the female gender. Unfortunately, ideal or perfect physical attributes comprise a standard that is seldom, if ever, achievable. Perfection is something most often seen within others, and the toughest critique of one's appearance is oneself (Phillips, 1986).

The male of the species, however, has only recently begun to receive the same degree of prominence in social dialogue or scientific research. Current social norms dictate political correctness and the deliberate inclusion of both genders in the discussion of the ideal or perfect human form. Among American youth, and especially among college students, tremendous energy, time and financial resources are expended in pursuit of the "perfect" physical form. However, the pursuit of perfection can only be achieved by meeting one's own body image desires. Studies of males and their "Adonis Complexes" have only begun to appear in large numbers in the past twenty years (Debate, Topping, & Sargent, 2001; Huang, Harris, Lee, Nazir, Born, & Kaur, 2003; Pope, Gruber, Mangweth, Bureau, deCole, Jouvent, & Hudson, 2000).

In general, men tend to have a better body self-image perception than do women (Demarest & Allen, 2000; Lowery et al, 2005). The number of cases of men developing eating disorders is a small percentage of the population (Garner, 1997; O'Dea &

Abraham, 2002). Recent research has examined males and the ways they exercise in light of societal pressure to have a more muscular body, and the media's role in perpetuating stereotypes (O'Dea & Abraham, 2002; Huang, Harris, Lee, Nazir, Born, & Kaur, 2003).

Negative Body Image Perceptions

The numbers of males that have negative body image perceptions are on the rise. Garner (1997) found a significant increase in male negative body image perception between the years 1972 and 1997. Specifically, Garner found that whereas in 1972, 15 percent of males surveyed had an overall negative body image perception, by 1997, that percentage increased to 43 percent. One observation deemed important was that 22 percent of males desired to gain weight and 37 percent of males felt that gaining muscle mass was important for their feeling satisfied with their bodies. It would seem that the increase in weight would reflect an increase in muscular mass. In 1972, 25 percent of men reported being upset with the lack of muscular tone to their body, compared to 45 percent of men upset with the muscular tone of their body in 1997. Overall, in the 35 years since the first study was conducted in 1972, men seem to be increasingly more conscientious about their physical appearance (Garner).

McCabe and Ricciardelli (2003) studied 423 adolescent males in grades 7 thru 10 and found that the impact body image has on males begins well before they enter higher education. The average age of their male participants was only 14. All of the males responded to the Body Image and Body Change Inventory and the Perceived Sociocultural Influences on Body Image and Body Change Questionnaire. They responded to questions such as, "How important is the size of your muscles compared to

other aspects of your life?", "How satisfied are you with your weight?" and "What type of feedback did you receive from your father about your body size and shape?"

The males in the study reported feeling great sociocultural pressure to add more weight to their bodies, most specifically muscle mass. Thus, the addition of muscle was demonstrated to have sociocultural importance. Decreasing weight and the loss of body fat as a percentage of body mass had significant influence on body image satisfaction. The overall effect these adolescent males were searching for was lean, muscular bodies. Influence from a father figure gave males a feeling of body satisfaction, whereas input from a male's best male friend was a great predictor for strategies on how to create a more muscular and toned body, along with how important body image was viewed (McCabe & Ricciardelli, 2003).

Males' perceptions of their own body image and masculinity are stronger when there is a father figure in the family setting. Beaty (1995) surveyed 20 middle school boys with father figures and 20 boys without father figures. Boys who did not have a father figure by the age of five years old tended to have very ambiguous ideals toward masculinity as they developed. Their self-perceptions of themselves and their masculinity came to rely more strongly on the perceptions from their peers. Also, there were indications that it was much harder for young boys without father figures to acclimate to social groups because it was more difficult for them to relate to males their own age.

The 1990's perception of the muscular and toned ideals for men is still prevalent in the media as Americans are exposed to them via television, magazine ads and covers, movies (Wagner, Shemek, & Vance, 1998), and video games. There is considerable

pressure for males to appear muscular and lean, signifying strength, virility, self-confidence, and sex appeal. If males are not engaged in efforts to develop themselves in a way that is accepting of the norms that are admired by society, they can quickly become ostracized from their fellow peers.

Eating Disorders

Whereas a large percentage of current research examines eating disorders and the exercise habits of women in their pursuit of achieving ideal thinness, researchers O'Dea and Abraham (2002) explored the same phenomena in men. Ninety-three men participated in the Eating and Exercise Examination, a computerized survey administered in a computer lab under the supervision of the researchers. The survey examined men's eating and exercise habits, attitudes, and feelings that can be used within clinical and community groups. Statistics from the study showed that 25 percent of men were worried about their weight and size, 16 percent felt that their shape affected their self-esteem, 48 percent felt that exercise was important to their self-esteem, 34 percent were distressed if they did not exercise regularly, 33 percent exercised to feel good, and 33 percent exercised for weight and size management. Nine percent of men in the study were diagnosed with an eating disorder.

Other studies have shown a lower percentage of men who displayed eating disorders compared to women. Garner (1997) found four percent of the males surveyed displayed eating disorders. However, research conducted by Furnham, Badmin, and Sneade (2002) and Moore (1990) presented results that implied men desired a larger, more muscular physique versus one that was smaller in stature that reflected extreme

exercising or having an eating disorder.

O'Dea and Abraham (2002) also found that one-third of men were concerned with their size and shape. The researchers never found data confirming whether the desire for men was to be larger in size or to become smaller. Yet, they pointed out that a high percentage of that one third desired to have a larger frame and a more muscular development.

Overweight College Men

Researchers Huang, Harris, Lee, Nazir, Born, and Kaur (2003) found that close to one-third of all male college students were overweight. Ostensibly, this was the result of low physical activity and a high prevalence of unhealthy diets. Specifically, male students 19 years of age or younger were more likely to be overweight than students 20 years and older. Male students 20 years and older were more likely to perform aerobic and strength training than male students 19 years old and younger.

Debate, Topping, and Sargent (2001) found that college men, on average, ate 2.5 fast food meals per week. Social norms have made it more acceptable for males to be overweight in comparison to females. The researchers also concluded that men age 20 years or older were more likely to be overweight than men age 19 or younger.

Muscularity and Perception of Others

Research on males and body image has increasingly provided more data which suggests that males desire a muscular body or desire to be more muscular. Furnham, Badmin, and Sneode (2002) surveyed 111 young men and 124 young women in their senior year of high school in Great Britain. Participants were asked about their eating

attitudes, exercise routines, and sense of self-esteem. The percentage of men that desired to become more muscular was 36.1 percent. This was very close to the 42.8 percent of young men that desired to be thinner. The researchers also discovered that 73 percent of men wanted to increase their upper body size and 41 percent wanted to decrease their lower body size to achieve an idealized V taper. The results confirmed that men would engage in vigorous and strenuous exercise in attempts to gain muscle and achieve the ideal V taper. Additionally, men tended to be more concerned with emphasizing their chest, biceps, and shoulders and keeping their leg muscles modest to achieve the V taper.

The types of ideal body images sought by males in the United States are similar to the ideal male body images desired in other countries. Pope et al (2000) found that body image perceptions of males in the United States were almost identical to those of men from Austria and France. Using the somatomorphic matrix, a computerized test devised by the authors, the men chose the body image they felt represented their own body, the body they desired, the body of an average man of their age, and the male body they believed was preferred by women. Each participant's actual fat and muscularity was compared with that of the four images chosen. All of the men selected were undergraduates attending a university from their respective country.

Results from the study showed that men from the United States and Austria felt that men similar to their age had physiques that were fatter than their own. Men from France felt they were fatter than their actual physique. However, in each of these cases, the percentages were three to four percent, which was hard to determine accurately from sizing up an image. Men from all three countries tended to perceive themselves modestly

more muscular than their actual muscularity. When asked how muscular they wanted to be, all of the men wanted, on average, an additional 27 – 29 lbs. of muscle mass. When asked what muscularity they perceived women desired them to have, they stated 27 – 32 lbs. more of muscle.

Women were surveyed to determine what type of muscularity they preferred in men and they tended to prefer men that were of an average build. For men their own age, they wanted no more than 10 lbs. of additional muscle mass (Pope et al, 2000).

Demarest and Allen (2000) found comparable data of men with distorted perceptions of what the opposite sex desired in the male physique. In their sample population there were equal divisions of ethnicity between Caucasian, African-American and Hispanic males. The researchers used a similar method of using pictures a male with different fat percentages and muscularity developments for comparison. Each participant was to pick a body they felt was most similar to their own, the body they desired to have, the body they felt the opposite sex would most prefer, and the body of the opposite sex they were most attracted to.

Men were generally satisfied with their bodies and could accurately depict their own body type from the pictures. However, the ideal body type that males felt women desired was distorted. Men believed that women would desire a man who was significantly more muscular than they themselves were. Females, however, preferred a male that was of an average muscular build.

The results from the study also indicated that participants 25 years and younger were more prone to have inaccurate perceptions of what the opposite sex perceived as

attractive, while participants 30 years and older had a more accurate perception of what the opposite sex perceived as an ideal body. Studies that have tested this phenomenon generally have participants that are within the age range of 18 to 25 when assessing what women would prefer in a body type. The possibility is likely that life experience is the best predictor for males to understand what women prefer versus what they have been told by society.

Muscle Dysmorphic Disorder

Muscle dysmorphic disorder, also known as Bigorexia, is a disorder that occurs when an individual becomes so focused on increasing their body size through building muscle mass that it interferes with their daily life (Anred.com, retrieved November 14, 2004). The symptoms of the disorder are very similar to obsessive-compulsive disorders, such as anorexia nervosa except, instead of the individual desiring to become thinner, the individual desires to become more muscular. If someone has a muscle dysmorphic disorder, they obsess that they are too small and underdeveloped when, in fact, they usually have an impressive muscular build. In an effort to overcome these negative body image self-perceptions, they will execute hours of resistance training and many will take steroids to achieve a desired build that is never big enough. An individual with muscle dysmorphic disorder will become so preoccupied with their body that they will avoid situations where they would be requested to take off their shirts for fear that others will view them as being too small. They will avoid social events (e.g., family picnics, holidays, or vacations) because they are afraid these activities will interfere with their workout and eating regimens (Anred.com, retrieved November 14, 2004).

Olivardia, Pope, and Hudson (2000) studied male weight lifters who frequented gyms in the Boston area. Each weightlifter was offered an incentive of \$60 to participate in the study. Two types of weight lifters were asked to participate. Participants that could bench press their own weight 10 times and still felt they were small-comprised one group. Participants that could bench press their own weight 10 times and had been weight lifting for at least two years, but did not feel they had a small physique, comprised the second group.

Each participants' fat-free mass index was calculated, along with their scores on the Eating Disorders Inventory which contained questions relating to muscular dysmorphic disorder and exercise habits. The subjects were also asked about psychiatric disturbances in any first-degree relatives to determine if exposed to any of those disturbances play a role in the determination of muscular dysmorphic disorder.

Of the 54 participants, 50 percent had poor or fair knowledge of their current condition. Another 42 percent had excellent insight about their preoccupation with muscle development, while eight percent had no knowledge that they had a preoccupation with muscle development.

Bodybuilder Guy Grundy, a former member of the International Federation of Bodybuilders, (IFBB) was quoted as saying, "One problem we face as a bodybuilder is that no matter how big you get, you never really think you are that big. Now that I have retired, I look at my PICS from my career and I think I looked pretty big back then. It is a strange sport in that most don't see themselves as big until after they retire"

(BodyBuilding.com, retrieved July 13, 2005). The point Guy Grundy tries to get across is

that the worst critic of ones body is ones self. There is always some aspect of a person's body that one can find that will not make it satisfactory, and then that person will desire to change that feature about them. Taking an objective view is sometimes the only way someone can view himself.

Gay Men

Garner (1997) found that 37 percent of straight men said gaining weight was important to them feeling satisfied with their body image self-perceptions, and 46 percent of gay men had similar feelings. Some individuals have stated that gay men are more self-conscious about than their physical appearance than their straight peers. The gay community, in general, tends to be more open about their feelings and willing to share more about their muscularity issues (Pope, Phillips, & Olivardia, 2000).

Through their studies of the Adonis Complex, Pope, Phillips, and Olivardia (2000) determined that gay men preferred a thinner version of a man in comparison to straight men. However, gay men still preferred a muscular male to someone with little muscle mass. When gay men were asked to choose an ideal body with the level of body fat percentage they currently had, they all picked a body with substantially more muscle. This finding was no different from the findings in studies conducted by Pope with straight individuals using the same instrument for analysis.

Pope interviewed an older gay man during one of his qualitative studies who resided in New York. The participant talked about the general trend within the gay community toward developing a more muscular physique. He commented that it was not common to meet others that were very muscular and there were few gyms. After the

AIDS epidemic began, more gay men began working out to add muscle mass. With few effective treatments at first, gay men that contracted the disease were likely to experience loss in muscle mass, often resulting in a body that appeared small and withered. Many in the gay community started going to the gym to add on muscle mass to convey to others in the gay community that they were healthy despite their HIV infection (Pope, Phillips, & Olivardia, 2000).

Olivardia, in Cash and Pruzinsky (2002), mentioned that many gay men who experience internalized homophobia may seek a large, muscular build in an effort to appear more masculine and to try and eliminate stereotypical features of a gay man. Pope, Phillips, and Olivardia (2000) described a participant who worked out excessively to avoid the fact that he was gay. Working out left him little time for anything else and did not allow him time to think about the fact that he may be gay.

The conclusion drawn from the study was that gay males had the same desires to be muscular as do straight men, because muscularity symbolizes health and sexual virility. Their explanation for the discrepancy that gay males have more muscular issues than straight men is that gay men are more open about their sexuality and are willing to share their preoccupations about their bodies than straight males (Pope, Phillips, & Olivardia, 2000).

Society

There has been a change in society regarding the ideal body for a male. Pope, Phillips, and Olivardia (2000) collected data on people displayed in magazines, action figures, and bodybuilders from the past to the present. They wanted to show how the

desired body type has changed over time. For example, undressed men displayed in magazine advertisements in 1950 was only three percent, but that number jumped to 35 percent in the 1990s. The men in the advertisements are more muscular and lean than in past advertisements.

On average, Playgirl magazine centerfolds from the 1970s to the late 1990s have lost 12 lbs. of body fat and gained 27 lbs. of muscle mass. The images of these men are demonstrating to the opposite sex that males with more muscle mass are desirable (Pope, Phillips, & Olivardia, 2000).

Marketing strategies for toys have impacted children via changes in the muscularity of action figures. If the GI Joe action figure from 1964 were 5'10" he would have a 32-inch waist, a 44-inch chest, and a 12-inch bicep, similar to an ordinary man in reasonably good physical shape. The GI Joe figure of 1991 has measurements comparable to a smaller waist of 29 inches and an increased bicep of 16 ½ inches (Pope, Phillips, & Olivardia, 2000).

Steroids

According to Pope, Phillips, and Olivardia (2000), steroids have been around since the 1930s when German scientists discovered testosterone and began to synthesize the hormone. It is believed that during World War II, steroids were given to Hitler's troops, which made them stronger and more aggressive in battle. It was not until the 1950s that steroid's properties of aiding in the development of muscle tissue was discovered. The Russians first used steroids in 1954 during the weightlifting championships in Vienna. Steroids soon became a staple for many athletes and made

their way into the world of competitive bodybuilding in the 1970s. The general public was unaware of the use of steroids and the impact it was having on athletics until it was brought to mainstream attention in 1988 when Ben Johnston was accused of using them and was stripped of his Olympic gold medal.

Steroids are in many communities and are most commonly used by professional athletes, high school students, and physique conscious males. Recently, an investigation into steroid use among Major League Baseball players, such as Barry Bonds, questioned the ethics surrounded steroids and other performance enhancing drugs (Scalzo, 2005). For example, if a record was achieved by a player using steroids, should they have it stripped from them, and what sort of fines and testing should be done within the organization? However, shortly after the controversy began it also ended.

Hollywood portrays many individuals with physiques that are unattainable without the aid of steroids. Wagner, Shemek, and Vance (1998) determined that males who wanted to emulate male action heroes would need to reshape their bodies through muscular development. Many individuals desired to gain size in massive amounts and failed because they could not achieve the desired muscular development without steroids or testosterone aids. More commonly actors who have the resources spend time and money in the gym with a personal trainer to get ready for a role. Never being able to achieve superior levels of muscle development can leave an individual feeling defeated and inadequate, because they cannot change their body to resemble those typically seen in movies and on television.

Laws have been passed that make owning and selling steroids illegal. On October 22, 2004, President Bush signed into law an amendment to the Controlled Substances Act that removed all androgen supplements, a supplement that was in the family of steroids, off the market. The legislation also increased the penalties for people using and selling steroids. The law took effect in January of 2005 (The Orator.com, retrieved April 24, 2006). The reason this legislation was passed is that the very few people have proper knowledge about steroids. Many physicians have little knowledge about steroids and their effects. Thus, it is quite possible that the most knowledgeable people regarding steroids are the individuals that use them (Pope, Phillips, & Olivardia, 2000).

Normally, steroids are not used all the time. They are taken for a few weeks and then not taken again for a few weeks. Often, a few different steroids are used at the same time in the form of a steroid cocktail. The use of steroids for a period of weeks and then abstinence for another period of weeks is called cycling. One negative effect of cycling steroids has been that steroid users left ventricles, the main pumping chamber of the heart was 25 percent bigger in mass than non-steroid users. After the cycle was ended the left ventricle would shrink, but never back to its original size (Melchert & Welder, 1995).

No matter the public opinion on steroids, they have been a large part of our society for the last three decades. Many athletes and actors use steroids to achieve their muscularity. Many people have the perception that they can achieve the same physique with hard work, but due to the genetic makeup of some individuals, without the use of steroids, this will never be attainable.

Summary

An examination of the 2002 U.S. Bureau of the Census Report (retrieved September 11, 2004) revealed that the male student population has steadily increased every year. As the male student population continues to rise and society continues to accept images of the male body that require high levels of devotion or use of illegal substances, the perceived perfect male body will be on the minds of incoming college male students.

Eating disorders are still a concern at universities and colleges. However, the percentage of males that actually have eating disorders varies from study to study, from a low of three percent to a high of nine percent (O'Dea & Abraham, 2002). The pursuit for muscularity is sought after more than the ability to become thinner in the male population (Furnham, Badmin, & Sneode, 2002). The pursuit to become bigger and more muscular can become obsessive and an individual can develop the condition called muscle dysmorphia where the desire to become more muscular will take over all aspects of a persons life (Anred.com, retrieved November 14, 2004).

Negative body image perceptions are on the rise, as Garner (1997) pointed out in his 30 year study. Many students entering higher education already have negative body image self-perceptions that stem from the messages they received from friends and family. These negative body images can also stem from society and the inflated male body images portrayed in movies and magazine ads. Many of these males have taken illegal testosterone producing substances to achieve their larger than life muscular development. Many males feel that women desire men with very muscular physiques,

because these are the only men portrayed in media with power, money, and sex appeal.

However, women most often desire a male with only an average build (Pope et al, 2000).

According to the literature, gay men are no more likely to desire a muscular development than straight males. The perceived notion that gay men desire more muscularity is considered to be the educational opinion that the gay community openly discusses their muscular deficiencies and desires (Pope, Phillips, & Olivardia, 2000).

The overwhelming theme from the literature was that today's college men have been told from an early age, either from family members, friends, society, that a male must have a muscular physique. Along with having a muscular build, the body fat percentage should be minimal and upon achieving these standards, of society will not only admire but honor them.

CHAPTER III

Methodology

Survey Methodology

The researcher chose to conduct a quantitative study. The study used a survey methodology and it was selected because it permits efficiency in data collection, tabulation and analysis of findings, and provides participants with a strong sense that their responses are anonymous. In addition, there is less time required in administering a survey, and it is economical, with the only major expenditure being the reproduction of survey instruments. The disadvantages associated with the use of a survey instrument include low response rates, especially when questionnaires are mailed (Pattern, 2001).

Instrument

The questionnaire for the present study was adapted from the works of McCreary and Sasse (2000). The original instrument was called the Drive for Muscularity Scale (DMS). The DMS assessed an individual's desire for a more muscular physique, their current state of muscular development at the time the survey was administered notwithstanding. The survey contained a total of fifteen items that were all responded to via a Likert-type-type scale. For the purposes of the present study, an additional six Likert-type-type response items were added, along with two objective questions. Four demographic information questions were asked to acquire additional data on the participants.

McCreary and Sasse first tested this survey on a group of school age boys and girls. The 15-item questionnaire was created by polling a group of men and women that

frequently weight trained at a local gym, as well as analyzing articles in various magazines that focused on weight training. Questions were included that focused on a person's involvement in weight-training activities and muscle development. Conclusions were based on the number of times participants weight trained each week. Measures of self-esteem were based on the Rosenberg Self-Esteem Scale.

Alpha Coefficients were used to establish the reliability of the scale. An alpha score of .7 or higher is usually considered acceptable. The higher the score was an indication of a high reliability. The alpha for the Rosenberg Scale was an overall .87. Questions that focused on depression used the Center for Epidemiologic Studies Depression Scale (CES-D) and had an alpha coefficient of .88. Two measures were used on the Drive for Thinness (DFT): the Eating Attitudes Test (EAT) and the Body Dissatisfaction (BD) measures. The alpha for the EAT overall was .87 and a .89 overall for the BD. The overall alpha was .84 for all questions.

Three types of tests confirmed validity. Face validity was used to determine that boys scored higher on the DMS than did girls. Convergent validity showed that high scores on the DMS were related to participants actively engaging in weight lifting activities and nutritional regiments to increase physical bulk. Discriminate validity showed that high scores on the DMS were unrelated to the drive for thinness. The researchers also noted that future research should include the DMS model, to study the retest reliability along with the structure of the items on the study.

Previous to this study, eight different studies have tested the reliability of the DMS. Studies involving male respondents have ranged from .85 to .91, in relation to the

alpha reliability. Thirteen studies have tested the validity of the survey models. Their construct validity was found to have two lower-order factors: muscularity-related attitudes and muscle enhancing behaviors.

Participants

The research population consisted of 593 active fraternity men enrolled in the Spring semester of 2006. All potential participants were classified as undergraduate students between the ages of 18 and 25 and were active members of a social Greek organization recognized by the campus Intrafraternal Council (IFC).

Demographic information was collected about age, number of semesters in college, number of semesters in the fraternity, and the gender that the participant found sexually attractive. One purpose for the additional demographic information was to determine whether the desire for muscularity was something that occurred after joining the fraternity or developed over a period of years prior to joining a fraternity. The additional demographic information was also used to determine whether a straight male would be more prone to developing their physique versus a gay male.

Limitations

There are several limitations that may have affected the results of the present study. First, the data were collected entirely by surveys in settings where thirty or more fraternity men were self-reporting at the same time. Self-reporting can result in the possibility of error as a result of participants over or under reporting their perceptions of their muscular development. With all members of the fraternity in the same room, taking the survey at the same time could have resulted in some individuals not reporting

accurately, due to fear that another member of the fraternity would witness what they reported, thus making them vulnerable to harassment or ostracism from the fraternity. There was some concern early on if fraternity members would be willing to honestly report their sexuality in this setting. Windmeyer and Freeman (1998) reported that a Greek community could have up to ten percent of their members be gay. The present Greek culture on the campus in question seems to be very unwelcoming to the gay community. There were many snickers and negative remarks to a question asking participants to state the gender to which they were sexually attracted. A community that was open to the gay community would not have had so many negative comments about the sexuality question. It is likely that there is a larger population of gay men in the University's Greek male population, but those members may be unwilling to publicly avow their sexuality due to the atmosphere on campus and in the Greek community.

Second, limiting the study to one university and its unique demographic affects how the results could be generalized to others. The data was collected at one mid-size, Midwestern university, instead of a variety of universities that were characteristically different from one another. The Greek systems at other institutions most likely reflect completely different cultures. The Greeks surveyed are on a campus where the Greek population is heavily involved in intramurals and other athletic endeavors. The students in the present study were surveyed because of their observed behaviors to increase their muscularity, which results in more success with intramurals and athletics. On a campus where Greeks have little to no involvement with intramurals and athletics, different responses to the same items would most likely vary significantly.

Third, each fraternity chapter had its own unique personality and culture. There could have been fraternities where their focus was to gain members that had a predisposition for muscular development, so these members could aid the fraternity in Greek Week events, intramurals, and represent the images the fraternity covets.

Fourth, all participants were surveyed during fraternity chapter meetings. Fraternity members present for the chapter meeting on the assigned date of data collection were the only fraternity members surveyed. The number of men that were not present at chapter meetings numbered 326.

Collection of Data

The researcher made initial contact with the president of each fraternity and gained permission to administer the survey to chapter fraternity members during the fall 2005 semester. The researcher went to a president's round table hosted by the president of the Intrafraternal Council to explain the research and how it related to members in their organizations. To get a better understanding of the project, the researcher administered the survey to all presidents and one vice-president who was filling in for the president. After all fraternity presidents responded, the researcher received permission to administer the survey to all members of their respective fraternities. All fraternity presidents agreed to the administering of the survey instrument at the beginning of a chapter meeting. The researcher obtained from the presidents their e-mail address and a phone number for contact in the future.

All presidents expressed to the researcher that it would be best to administer the survey at the beginning of the Spring 2006 semester when there were more members

coming to chapter meetings and there was less concern about members not attending due to final exams. Many fraternities were also voting in new executive boards. The researcher had to ask permission again to administer the survey since there were new presidents for half of the fraternities. The researcher was unable to contact three fraternities, but the overall percentage of returned surveys was high for the Greek male community.

The researcher arrived at the beginning of each fraternity chapter meeting to administer the survey. The researcher gave a brief explanation of who he was and why he was conducting the research. The researcher handed out the consent forms and explained what the form meant and answered any questions.

Once all of the consent forms were signed, the researcher handed out the survey instrument to all fraternity members who wanted to participate in the study. The researcher explained that the first part of the survey utilized a Likert-type-type scale and that each fraternity member should respond to the first 21 questions by circling the number that corresponded with their best response. Questions 22 and 23 were objective questions. At the end of the survey were four demographic questions. The researcher explained that it should take no longer than five to ten minutes to complete the survey and that some of the questions were of a personal nature. It was requested that everyone should remain quiet until the last survey was completed. At every chapter meeting, when someone reached the final question that asked the fraternity member whether they were sexually attracted to a member of the opposite, same, or both sexes, some participants laughed, snickered, and made rude remarks. The researcher had to remind participants to

remain quiet. About half of the fraternity chapter's were very cooperative in respecting this request.

If a question was asked, the researcher directed the answer to the entire chapter so fraternity members with similar questions would not repeat a previously asked question. After each fraternity member completed the survey, they were instructed to bring the survey to the researcher along with the consent form placed on top of the survey instrument. All surveys were placed into a plastic container.

After collecting all of the surveys and consent forms, the researcher thanked the fraternity members and told them that the thesis would be completed by the end of the semester and if they were interested in the results the researcher would send them to the president. The researcher then returned to his residence to separate the consent forms and completed surveys before each survey was numbered in the order it was collected. All of the surveys were then placed into a safe to prevent the data from being misplaced, stolen, or damaged. The only people that had access to the safe were the researcher and the secretary that worked for the researcher. The researcher retrieved the data from the safe for analysis and compiled the data in an Excel spreadsheet. The thesis was stored on the computer and on an external server, both of which were password protected and only the researcher had access to the password.

Surveys Collected

The entire Greek male population on campus totaled 593 members. The researcher collected a total sample of 267 surveys. The number of returned surveys was not as high as the researcher anticipated because the researcher was unable to contact

three chapter presidents after three weeks of phone calls, e-mails, and asking other people for assistance in contacting these fraternities. However, the researcher was able to collect 267 surveys from the fraternities that participated, which resulted in a 45 percent participation rate.

A total of 13 surveys were excluded from the findings. There were three reasons a completed survey was removed from the study. The researcher disposed of two surveys that were not completed accurately. A survey was deemed inaccurate if every Likert-type question was answered the same. Questions were developed in such a manner that if all of the Likert-type questions were answered the same, they would contradict one another. Seven surveys were not completed in their entirety and were removed from the process. The researcher explained to all of the fraternity members that at any time they could remove themselves from the survey process. One way was to not take the survey. The other would be once the participant began taking the survey and decided they no longer wished to participate, they could stop filling in the survey and it would be removed from the study. Four surveys were removed from the study because the researcher deemed that these participants did not take it seriously. The four surveys had fraction of cents or very large sums for money expenditures on supplements. After eliminating thirteen surveys, a total of 254 surveys were used in the current study.

CHAPTER IV

Results

This chapter is a detailed account of the statistical analysis for the responses to the adaptation of the Drive for Muscularity Scale. The data is displayed in tables. Each table contains a research question and the number of participant responses. The numbers atop the tables represent the number of responses to the Likert-type-type Scale.

The researcher analyzed what had been done in previous studies using the DMS model and found that questions only the average of all the Likert-type scale and/or validity and reliability were evaluated. None of the previous researchers that used the DMS instrument examined how participants responded to specific questions on the DMS. For the purpose of the present study, it was essential that each question on the DMS correlated to a specific research question which guided the study.

There was a concern of how each question should be evaluated. The researcher initially felt that a participant that responded to the Likert-type-type item as either 'always', 'very often', or 'often' would be considered someone that frequently thought about that particular issue. However, only 'always' and 'very often' responses could be considered frequent. To determine what response sets would be considered frequent, the researcher surveyed 13 non-study participant male undergraduate students and 12 non-study participant female undergraduates, and asked each of them, "What is something that you do often?" After the student responded, a follow up question of, "How often do you participate in your activity?" was asked. From the results of the study, 22 students said that they participated in their activity anywhere from one to three times a day. The

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other three students responded that they considered often being three to four times a week. The researcher determined that frequent to the participants was one or more times a day. Since it appeared that most students considered often to be something that a student thinks about one to three times a day, all data in the present study that is considered 'frequent' will be the summation of, 'always', 'very often', and 'often'. Individual responses for each question are provided in the tables.

Table 1

Frequency of Responses to Questions Asked

1 = ALWAYS, 2 = VERY OFTEN, 3 = OFTEN, 4 = SOMETIMES, 5 = RARELY, 6 = NEVER

	Questions	1	2	3	4	5	6	AVG
1	I wish that I were more muscular	61	65	48	67	10	3	2.62
2	I lift weights to build up muscle	50	56	50	59	27	12	2.94
3	I use protein or energy supplements	38	28	26	33	31	98	4.08
4	I drink weight gain or protein shakes	29	27	20	25	32	121	4.41
5	I try to consume as many calories as I can in a day	15	11	29	42	57	100	4.59
6	I lifted weights before becoming a member this fraternity	67	45	51	53	16	22	2.47
7	I lifted weights after becoming a member of this fraternity	64	41	44	50	31	23	3.61
8	I lift weights to become better at intramurals	22	23	36	51	52	70	3.75
9	I lift weights in preparation for Tugs	51	18	29	28	32	96	3.99
10	I feel guilty if I miss a weight training session	29	32	31	56	33	73	3.56
11	I think I would feel more confident if I had more muscle mass	37	58	57	54	27	22	2.76

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12	Other people think I work out with weights too often	9	7	18	38	59	123	4.9
13	I think that I would look better if I gained 10 pounds of muscle	65	42	44	44	31	27	3.01
14	I think about taking anabolic steroids	18	0	13	21	31	162	4.95
15	I have taken prohormones or anabolic steroids	11	4	7	6	11	215	5.5
16	I think that I would feel stronger if I gained a little more muscle mass	54	59	58	53	14	16	2.4
17	I think that my weight-training schedule interferes with other aspects of my life	11	14	23	60	49	96	4.56
18	I think that my arms are not muscular enough	38	36	53	68	37	21	3.32
19	I think that my chest is not muscular enough	45	39	52	64	36	18	3.21
20	I think that my legs are not muscular enough.	39	29	51	54	46	35	3.53
21	I think the gender I am attracted to would prefer me more muscular	45	47	61	61	28	12	3.03

Table 2

Frequency of Responses in Order of Averages

1 = ALWAYS, 2 = VERY OFTEN, 3 = OFTEN, 4 = SOMETIMES, 5 = RARELY, 6 = NEVER

	Questions	1	2	3	4	5	6	AVG
16	I think that I would feel stronger if I gained a little more muscle mass	54	59	58	53	14	16	2.4
6	I lifted weights before becoming a member this fraternity	67	45	51	53	16	22	2.47
1	I wish that I were more muscular	61	65	48	67	10	3	2.62
11	I think I would feel more confident if I had more muscle mass	37	58	57	54	27	22	2.76
2	I lift weights to build up muscle	50	56	50	59	27	12	2.94

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13	I think that I would look better if I gained 10 pounds of muscle	65	42	44	44	31	27	3.01
21	I think the gender I am attracted to would prefer me more muscular	45	47	61	61	28	12	3.03
19	I think that my chest is not muscular enough	45	39	52	64	36	18	3.21
18	I think that my arms are not muscular enough	38	36	53	68	37	21	3.32
20	I think that my legs are not muscular enough.	39	29	51	54	46	35	3.53
10	I feel guilty if I miss a weight training session	29	32	31	56	33	73	3.56
7	I lifted weights after becoming a member of this fraternity	64	41	44	50	31	23	3.61
8	I lift weights to become better at intramurals	22	23	36	51	52	70	3.75
9	I lift weights in preparation for tugs	51	18	29	28	32	96	3.99
3	I use protein or energy supplements	38	28	26	33	31	98	4.08
4	I drink weight gain or protein shakes	29	27	20	25	32	121	4.41
17	I think that my weight-training schedule interferes with other aspects of my life	11	14	23	60	49	96	4.56
5	I try to consume as many calories as I can in a day	15	11	29	42	57	100	4.59
12	Other people think I work out with weights too often	9	7	18	38	59	123	4.9
14	I think about taking anabolic steroids	18	0	13	21	31	162	4.95
15	I have taken prohormones or anabolic steroids	11	4	7	6	11	215	5.5

Research Question One

In regards to research question one, do fraternity members desire a more muscular physique than the one they already have, questions 1, 2, 6, 7, 8, 9, 18, 19, 20, 22, 24, 25

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and 26 apply. Sixty-seven percent (N=174) of fraternity men frequently desired a more muscular physique. Sixty-one percent of the participants (N= 156) frequently lifted weights to gain muscle. The percentage of fraternity men that lifted weights frequently before joining their fraternity was 64 percent (N=163). The number of fraternity men that lifted weights after joining was N=149 (58 percent).

Questions eight and nine were specifically written to determine if there were members who gained muscle mass for the sole purpose of preparing for intramurals and Tugs. The number of fraternity men that lifted weights in preparation for Tugs was slightly higher than the number who lifted to enhance their performance in intramurals in general. Even though Tugs was only a week long event and intramurals were a yearlong activity, 81 participants (32 percent) frequently lifted weights for intramurals and 98 (38 percent) often lifted weights in preparation for Tugs.

Questions 18, 19, and 20 specifically examined participants desire for a specific body region to have more muscular development. Fraternity men that desired more muscular arms were 50 percent (N=127) of the population. Participants that desired a more muscular chest comprised 53 percent (N=136) of the sample population. Fraternity men that desired more muscular legs were 46 percent (N=119) of the population.

Not all fraternity men worked out during any one week. However, 80 percent (N=206) that worked out frequently did so at least an hour a day in the gym. On average, fraternity men spent 5 hours and 45 minutes in the gym per week.

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Table 3

Fraternity Members that desire a More Muscular Physique

1 = ALWAYS, 2 = VERY OFTEN, 3 = OFTEN, 4 = SOMETIMES, 5 = RARELY, 6 = NEVER

	Questions	1	2	3	4	5	6	AVG
1	I wish that I were more muscular	61	65	48	67	10	3	2.62
2	I lift weights to build up muscle	50	56	50	59	27	12	2.94
6	I lifted weights before becoming a member this fraternity	67	45	51	53	16	22	2.47
7	I lifted weights after becoming a member of this fraternity	64	41	44	50	31	23	3.61
8	I lift weights to become better at intramurals	22	23	36	51	52	70	3.75
9	I lift weights in preparation for tugs	51	18	29	28	32	96	3.99
18	I think that my arms are not muscular enough	38	36	53	68	37	21	3.32
19	I think that my chest is not muscular enough	45	39	52	64	36	18	3.21
20	I think that my legs are not muscular enough.	39	29	51	54	46	35	3.53

Research Question Two

Research question two sought the percentage of fraternity members that used supplements to enhance their body image. Survey questions 3, 4, 5, 14, 15, and 23 were all designed to address this phenomenon (See Table 4).

Data showed that 36 percent (N=92) of fraternity men reported frequently drinking protein or energy supplements. Thirty percent (N=76) of fraternity men reported frequently drinking weight gain or protein shakes. Only 21 percent (N=55) of fraternity men reported trying to consume as many calories as possible each day.

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Prohormones and steroids are considered illegal supplements, but 12 percent (N=31) of fraternity men reported thinking about taking steroids frequently, while nine percent (N=22) of fraternity men reported frequently taking steroids.

Not all fraternity men took supplements. When surveyed about supplements, 39 percent (N=99) of fraternity men responded that they bought supplements. On average, fraternity men that bought supplements monthly spent \$43.95. The lowest amount spent on supplements equaled \$5 per month, while on the higher end, some fraternity men would spend up to \$150 per month on supplements.

Table 4

Fraternity Men Using Supplements to Enhance their Body Image

1 = ALWAYS, 2 = VERY OFTEN, 3 = OFTEN, 4 = SOMETIMES, 5 = RARELY, 6 = NEVER

	Questions	1	2	3	4	5	6	AVG
3	I use protein or energy supplements	38	28	26	33	31	98	4.08
4	I drink weight gain or protein shakes	29	27	20	25	32	121	4.41
5	I try to consume as many calories as I can in a day	15	11	29	42	57	100	4.59
14	I think about taking anabolic steroids	18	0	13	21	31	162	4.95
15	I have taken prohormones or anabolic steroids	11	4	7	6	11	215	5.5

Research Question Three

Survey questions 21 and 27 corresponded to research question three, which asked, do fraternity members perceive the opposite sex would prefer them to be more muscular? A total of 246 (96 percent) fraternity men self-identified as being sexually attracted to the

opposite sex. Out of the 246 fraternity men, 59 percent (N=145) of fraternity men believed that the opposite sex are more sexually attracted to fraternity men that were more muscular.

Research Question Four

Research question four asked, do gay fraternity members, men that are sexually attracted to other men, perceive that other gay males would prefer them to be more muscular? Survey questions 21 and 27 addressed this question. Three percent (N=8) of fraternity men self-identified as gay males. Of the eight, seven (87 percent) believed that men who are sexually attracted to other males would be sexually attracted to more muscular males. One percent (N=3) of the fraternity population self-identified as bisexual. All data gathered on the preferences of bisexual and gay fraternity members (N=11; four percent) was considered statistically insignificant due to the low rate of participation.

Research Question Five

Research question five asked to what extent do fraternity men have a perceived muscular dysmorphic disorder? Survey questions 1, 5, 10, 11, 12, 13, 14, 15, 16, 17, and 22 were used to answer this question. Participant responses can be found in Table 5. The average response for survey question one was 67 percent (N=174) of fraternity men desiring a more muscular physique. Twenty-one percent (N=55) of fraternity men frequently tried consuming as many calories as possible in a day. Fraternity men that frequently felt guilty for missing a weight lifting session made up 36 percent (N=92) of the total Greek male population. Fifty-nine percent (N=151) of fraternity men frequently

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felt they would look better with ten pounds of muscle added to their body. Fifty-nine percent (N=152) of fraternity men also indicated that they would feel more confident with more muscle. Thirteen percent (N=34) of fraternity men reported feeling that other people thought they worked out with weights too often. Sixty-seven percent (N=171) of fraternity men reported thinking they would feel stronger if they gained more muscle mass. Nineteen percent (N=48) felt that their weight-training schedule interfered with other aspects of their lives. Twelve percent (N=31) of fraternity men reported thinking about taking steroids often, while nine percent (N=22) of fraternity men reported frequently taking steroids.

Table 5

Extent to which Fraternity Men have a Perceived Muscular Dysmorphic Disorder

1 = ALWAYS, 2 = VERY OFTEN, 3 = OFTEN, 4 = SOMETIMES, 5 = RARELY, 6 = NEVER

	Questions	1	2	3	4	5	6	AVG
1	I wish that I were more muscular	61	65	48	67	10	3	2.62
5	I try to consume as many calories as I can in a day	15	11	29	42	57	100	4.59
10	I feel guilty if I miss a weight training session	29	32	31	56	33	73	3.56
11	I think I would feel more confident if I had more muscle mass	37	58	57	54	27	22	2.76
12	Other people think I work out with weights too often	9	7	18	38	59	123	4.9
13	I think that I would look better if I gained 10 pounds of muscle	65	42	44	44	31	27	3.01
16	I think that I would feel stronger if I gained a little more muscle mass	54	59	58	53	14	16	2.4
17	I think that my weight-training schedule interferes with other aspects of my life	11	14	23	60	49	96	4.56

CHAPTER V

Conclusions & Recommendations

This study was designed to assess the self-perceptions that undergraduate fraternity men have pertaining to their desired muscularity at a mid-sized, Midwestern university. The questions posed to the students related to their desire for muscularity, supplement usage, muscularity and sexual desirability and muscular dysmorphic disorder.

Desired Muscularity

Research question one was: Do fraternity members desire a more muscular physique than the one they already have? The research conducted on campus showed that 67 percent (N=174) of fraternity members frequently wished that they were more muscular. Sixty-one percent (N=156) said that they lifted weights to gain more muscle. When this data is compared to the findings by Furnham, Badmin, and Sneode (2002) in which only 36.1 percent of the men desired to increase their muscularity, participants in the present study were more than twice as likely to desire more muscular physiques. They also presented data that indicated 73 percent of men desired to increase the size of their upper body. Only 50 percent of men in the present study wanted to increase their arm size and another 53 percent wanted to increase their chest size.

There are a few reasons why there are differing statistical results. A study conducted by Ridgeway and Tylka (2005) found that there were two types of males that desired a muscular physique. They were either men that wanted to be fit and have a firm muscular look, but not overdone, versus men that want to be big and bulky with their individual muscles showing. The variance in the results from the current study versus

Furnham, Badmin, and Sneode (2002) could be because there were two different types of males desiring different types of muscularity.

The survey questions for each study were different. Furnham, Badmin, and Sneode (2002) asked a general question about increasing the muscularity of the upper body and not specifically inquiring about different parts of the body, such as the shoulders, arms, and chest.

It appears that, in general, fraternity men had a great desire for muscularity. This could be a product of their environment. Living in close quarters to other males and belonging to an organization of all males could possibly heighten the desire for certain males to increase their muscularity and be the alpha male in the group. It could also be the culture of the campus environment within the Greek community that encourages increased muscularity, multimedia images, personal health, etc. However, all of this was indeterminable at the time of the present study.

There was not a significant difference in the number of students that lifted weights before and after joining a fraternity. The percentage of fraternity men that lifted weights frequently before joining the fraternity was 64 percent (N=163); while only 58 percent (N=149) frequently lifted weights after joining a fraternity. This showed that there is no significant difference in desire for muscularity for someone who started lifting before versus after joining a fraternity. If anything, with the demands of being in a fraternity and with academics work, a student is less likely to continue frequently working out.

The number of men that lifted weights for intramurals was 32 percent (N=81) and 38 percent (N=98) of fraternity men often lifted weights in preparation for Tugs.

Intramurals are year round and Tugs were only a few days in the spring, yet more individuals lifted weights in preparation for Tugs than for intramurals. These findings represented the culture of the campus and the importance placed on these events. Almost all of these men fell into the category of desiring a more muscular body. Whether the reason for a more muscular body was specifically for aesthetic purposes or specifically for the desire to become better at intramurals or tugs was inconclusive.

The number of fraternity men that worked out at least one hour per week in the gym was 80 percent (N=206). The average amount of time that fraternity men spent in the gym lifting weights per week was five hours and 45 minutes. The Surgeon General of the United States Department of Health and Human Services (Retrieved April 11, 2006) recommended two and one half hours per week or thirty minutes of exercise per day to remain healthy. Fraternity men in the present study, on average, were exercising more than two times what was recommended.

Some participants spent ten hours or more in the gym. However, few fraternity members logged such a large quantity of time in the gym. It appeared that most fraternity men had a healthy approach to the amount of time they spent in the gym. Although the surgeon general suggested 30 minutes of moderate, daily exercise for adults, college students are still rather young in their adult lives, and it could be assumed that they exercised an hour a day to keep themselves healthy or they were preoccupied with maintaining or obtaining a desired body type.

Supplements

Research question two was: What percentage of fraternity members use supplements to enhance their body image? The data shows that 36 percent (N=92) of fraternity men reported frequently drinking protein or energy supplements. Thirty percent (N=76) of fraternity men indicated that they frequently drank weight gain or protein shakes. Only 21 percent (N=55) of fraternity men tried to consume as many calories as possible in a day. What this data showed was that a large percentage of men used protein supplements, but the number of men that were actually trying to gain muscle was small. A reason for this finding could be that the survey was administered right after the New Year holiday and many participants could have made New Years resolutions to lose weight. Others could have started to lose weight for Springbreak or were in training for Tugs. There could actually have been a larger number of fraternity men in the fall using weight gain, protein drinks, or consuming as many calories as they could in a day to try and increase the amount of muscle mass on their bodies.

The number of men using steroids or some other form of testosterone producing substance was similar to the research that was conducted by Pirkko Korkia (1996). According to Korkia, nine percent of males that frequent gymnasiums use steroids. In the current study, the researcher found that 12 percent (N=31) fraternity men thought about taking steroids often, while nine percent (N=22) frequently took steroids. It appears that after ten years that the statistic still seems to be an accurate number for men that attend gymnasiums. There is a lot of concern about the other three percent of males (N=9) that constantly thought about taking steroids. Whether they ever choose to use steroids is hard

to say, but if it is something that was frequently on their minds and there was a good chance that they would try steroids.

A lot of the research has been done on the negative effects steroids had on someone's heart or kidney (Melchert & Welder, 1995). This, and similar research, might be a prevention tool that would stop those students that are potentially thinking about using steroids and it also may educate students already using steroids about the dire effects steroids can have on their bodies.

Not every fraternity man used supplements in their exercise regiments. When surveyed about their supplement usage, 39 percent (N=99) of fraternity men indicated that they used and bought supplements. On average, fraternity men that bought supplements spent \$43.95 per month. The researcher noted that the least amount of supplements a participant purchased was five dollars per month; while some fraternity men spent upwards of \$150 a month on supplements. The researcher excluded a few surveys where the monetary amounts written were extreme outliers. One number was \$.0000001 and another was \$1,000,000. Since these were extreme outliers, if they had been included in determining the average amount that fraternity men spent on supplements, it would have skewed the average significantly.

The researcher found it interesting that in most cases where steroid use was documented, the amount spent on supplements was usually below \$40. Steroids aid in the body's production of testosterone and it was assumed that students would view steroids as more of a supplement versus a drug. However, it was likely that fraternity members considered steroids as a drug rather than a supplement. This would explain why the cost

of supplements were so low when steroid users responded to how much they spent on supplements per month.

The Opposite Sex

Research question three asked if fraternity members perceived that the opposite sex would prefer them to be more muscular? Of the entire population of fraternity men, 96 percent (N=246) self-identified as being sexually attracted to the opposite sex. Of this population, 59 percent (N=145) of fraternity men believed that members of the opposite sex were frequently more sexually attracted to fraternity men that were more muscular.

Research in this area showed that men felt women preferred men that had 27 – 32 more lbs. of muscle on them (Pope et al, 2000). A similar study conducted by Demarest and Allen (2000) found that men thought women preferred men with a significant amount of muscle on them. They also found that men thirty years of age and older had a better idea of the physique a women desired in a male. All participants in the study were twenty-five or older. These two studies showed that there were a significant number of men that felt women would prefer men with more muscle mass.

There are a variety of things that this could mean. Men that were older in some of the studies showed that they had a better understanding of what women wanted. It was possible that experience was the true indicator for males to understand what the opposite sex desires in the physique of males. There were 59 percent of college men who felt women desired muscular males, but there was also 41 percent that did not feel muscularity played a large role in women liking a male. Those 41 percent of fraternity

men might just have more experience interacting and acknowledging what women want in the physical attributes of a male.

The educational level of individuals might be an indicator as well. It is not stated what the educational level of the men were in the Demarest and Allen (2000) study. It is possible that the more educated the male, the better their understanding of the physical attributes that women prefer in a male.

The Same Sex and Bisexuals

Research Question four asked if gay fraternity members, men that were sexually attracted to other men, perceive that other gay males would prefer them to be more muscular? A total of three percent (N=8) self-identified as being sexually attracted to other men. Seven of the eight fraternity men that were sexually attracted to other men frequently felt that other gay men preferred men with a more muscular physique. The researcher did not think there would be a substantial bisexual population on campus, but there was a one percent (N=3) population of fraternity men that identified as being bisexual. The responses among the three participants to this question were 'very often', 'sometimes', and 'never'.

According to Windmeyer and Freeman (1998), the average number of fraternity men in a fraternity that identified as being gay was ten percent. However, in the present study, a significantly lower number of gay fraternity self-identified as being sexually attracted to other men. One reason for the low number of men that self-identified as being sexually attracted to other males could be the way that the survey was administered. The survey was administered during chapter meetings and each fraternity member was in

close proximately to other members. It could be that there were a large number of men who did not self-identify because of the fear of being ostracized by their brothers. It was also very possible that the culture did not allow a fraternity member to come forward with their sexuality if it differed from the norm of most males. Overall, there was not enough statistical inference to draw any concrete conclusions regarding the perceptions of gay fraternity men.

Perceived Muscular Dysmorphic Disorder

Research question five was "To what extent do fraternity men have a perceived muscular dysmorphic disorder?" Most research that examined perceived muscular dysmorphic disorders were conducted using qualitative research. Olivardia, Pope, and Hudson (2000) in their study examined male weight lifters that specifically suffered from muscular dysmorphic disorders and only 42 percent were actually aware of their preoccupation with their bodies.

Sixty-seven percent (N=174) of fraternity men desired a more muscular physique. Fraternity men that stated they would feel stronger if they gained more muscle mass equaled 67 percent (N=174). Fifty-nine percent (N=151) of fraternity men feel they would look better with ten lbs. of muscle added to their body. Fraternity men that feel they would be more confident with more muscle was 59 percent (N=152). These numbers appear to indicate that most fraternity men have feelings related to desiring a more aesthetically pleasing muscular physique. The general concern was that a large percentage of fraternity men may have been suffering from low self-esteem due to their

lack of muscularity. All of these factors were signs of minor levels of muscular dysmorphic disorder.

The next figures were better indicators of an individual that might be suffering from a high level of perceived muscular dysmorphic disorder. Twenty-one percent of fraternity men consumed as many calories as they could in a day, a sign that these fraternity men were trying to develop muscle mass. Thirty-six percent (N=92) felt guilty for missing a weight lifting session. Thirteen percent (N=34) of fraternity men felt that other people thought they work out with weights too often, and 19 percent (N=48) felt their weight-training schedule interfered with other aspects of their life. These fraternity men are more invested in their pursuit of a muscular body. These were some great indicators that these fraternity men had a perceived muscular dysmorphic disorder. They had a preoccupation with building muscle and they were making it an important aspect of their lives. Some of the fraternity members may have only responded to one of the questions as 'always', 'very often, or 'often'. These fraternity men do not have a major preoccupation with their muscularity. Then, there are those that responded to all of the questions either as 'always', 'very often, or 'often'. Those are the fraternity members that have a preoccupation with developing a more muscular physique. It was good that these fraternity members were aware of their preoccupation, but it does not mean they looked for help with their preoccupation.

Some of the most serious indicators of a muscular dysmorphic disorder were among the fraternity members that used steroids. Twelve percent (N=31) of fraternity men thought about taking steroids often, while nine percent (N=22) of fraternity men

frequently used steroids. The percentage of men that were not taking steroids, but considered taking steroids often, was small (N=9). It was very possible that these fraternity men would start taking steroids because it was a preoccupation that interfered with their every day lives. Fraternity men that reported taking steroids all had a high preoccupation concerning the usage of steroids. It was possible that the contemplation of using steroids leads to use, and the preoccupation never left the individual while they were using steroids.

There was no sure way to get a very accurate measure, but at least 36 percent (N=92) of fraternity men indicated a moderate level of perceived muscular dysmorphic disorder. At the extreme end of perceived muscular dysmorphic disorder, 19 percent (N=48) of fraternity men felt weight lifting interfered with other aspects of their lives. This was a very strong indicator of muscular dysmorphic disorder.

Implications for Future Research

The study collected data from one collegiate institution. Without data from similar institutions along with data from a variety of different institutions in higher education the validity that fraternity men in general have a higher preoccupation with their muscular development cannot be determined. Greek life is different on many campuses and Greek letter organizations tend to evolve their own culture from the type of students that enroll, along with the academic climate, and the prestige of the institution. Greek life on one campus may play a large role in the social outlet for many students. There are campuses where Greek life has a primary focus on academic excellence and others where the focus is on intramurals and athletics. If all of these outside factors can be accounted for, a better

account of what male body image issues are related to muscular development is possible. Even though there may be a campus of Greeks that are focused on academics, the male population still may have a desire for a more muscular physique.

The researcher found that some of the fraternities were interested in receiving the statistical data of the present study specifically on their organization. The researcher chose not to do this because the objective was to get participants to provide information without fear of loss of anonymity. It was feared if the researcher reported the findings for each house separately, participants might feel that the researcher engaged in unethical practices and their desire to participate in future research projects would be jeopardized. It has been the researcher's experience that some Greek organizations feel the university administration was "out to get them." The campus currently had a new social Greek fraternity organization forming and another colonizing in the next year. Some of the fraternities expressed concern that the study could be used against them and they could lose their house. The researcher felt that finding out what some fraternities specific muscular developmental issues would be beneficial to that particular chapter. Recommendations for aid could be provided to members that have a high preoccupation with muscular development or some that have developed a muscular dysmorphic disorder. However, explanation would have to be thorough so fraternity members feel the researcher can be trusted.

One concern for the researcher was whether he would be able to get representative number of gay fraternity members to self-identify. Unfortunately, the number of fraternity males that self-identified as gay for the current study was small,

three percent (N=8). According to Windmeyer and Freeman (1998), on average, ten percent of fraternities consist of gay members. Providing a safe and secure environment for members to provide feedback might have been an issue. All participants took the survey in close proximity and fraternity members could have seen that anyone had identified as gay on the survey, but had not come out to the fraternity. The researcher was concerned there would be a low return rate if the survey was conducted online or through a mass mailing. This study had a high return rate, but some of the data could have been skewed because of everyone responding in close proximity to other fraternity members. The researcher suggests future surveys be administered online and that there be an incentive for members to participate in the study.

When the researcher examined how much fraternity members spent on supplements in a month, the amount was usually a small figure for individuals that used steroids. The researcher thought that the price of steroids would be included in the prices of supplements as steroids are sometimes viewed as a supplement for testosterone production. However, most participants thought steroids were categorized as a drug versus a supplement. Future researchers need to specify what is categorized as a supplement and as a drug.

Conducting interviews with candidates that are willing to talk openly about their steroid use, sexuality, and muscle dysmorphic disorders would also be beneficial. Interviews questions might be posed about the culture of fraternity life and their involvement in intramurals, athletics, and how muscularity is viewed within or among members of the Greek community. The data from interviews can be compared to data

collected from surveys to determine how in touch students are with their preoccupations.

One thing that could not be determined conclusively from the study is the number of students that have a muscle dysmorphic disorder. Interviews are the best possible way to gather data to assess if someone has a preoccupation with muscular development. Interviews were not conducted in the current study because it would have required a lot of time, there would have been few participants, and getting an accurate sample of students that fit the qualifications of having a perceived muscle dysmorphic disorder and others without one was a concern. If the researcher were to conduct a study similar to that of Olivardia, Pope, and Hudson (2000) and get somewhere around fifty fraternity men that could bench their own weight ten times and have them interview, it could lead to important information about fraternity men that have muscle dysmorphic disorders. However, the researcher would be expending a lot of time interviewing with the participants and gaining their trust so that they will provide honest feedback. To be effective in gathering qualitative data, the researcher needs to meet with the participants multiple times to first gain their trust and then receive feedback.

The published literature that focused on men and muscularity related to their body image perceptions was relatively new. Most studies with males focused on whether a male had a body image disorder such as an eating disorder, but not specifically on muscularity. There are also few studies that examined college men specifically, or looked at specific classifications of college men to determine if some men were more prone to muscular dysmorphic disorders. It is the researchers hope that this study will serve as a catalyst for others to conduct more research in this area.

Recommendations for Future Practitioners

Practitioners in the field of student affairs need to be aware of the increasing masculinity issues with men on college campuses. The research included in the present study specifically focused on fraternity men's perceived and desired muscular development. There are many other facets that are affecting men in their development. Gender role conflicts, media influences on males, sexuality, and self-efficacy are all issues that are affecting men in higher education.

A lot of the focus has been on women and there still needs to be more research conducted and help for those women. However, there are many men that are in need of help that are not receiving the treatment they readily need.

It is the researcher's prediction that there will be great desire for a wider variety of healthy food options in dining residence halls on campuses. There are many campuses that have made this change already and offer a wide variety of healthy options along with the traditional meal options, but there are also campuses that have not made that leap. Practitioners need to listen to their students regarding their health food concerns.

There will also be a strong push for more, if not better, work out facilities within residence halls or larger gymnasium facilities on campuses. Student will want a variety of cardiovascular machinery, weight training machines, free weights, exercise classes, and personal trainers. A large portion of students have been following trends in the media and have come to value the importance of being in shape or having a slim, but toned physique.

The important thing is to be aware of changing student needs and the issues that

students face related to body dysmorphic disorders. The best line of defense is educating students. Conversations and educational programs related to how magazines alter pictures to make models appear more muscular and toned, possibly taken steroids and have depleted themselves of water so their muscles are more defined are examples of how the media makes consumers believe that people can look like models in their pictures.

Educating students of the significance of a healthy diet and exercising to produce a beautiful body is also very important. If a practitioner can provide people, even students, that have realistic body types and meet healthy living ideals, they can be living proof of what of what is considered normal.

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Appendix

Appendix A

Muscularity Scale

Please read each item carefully then, for each statement, circle the number that best applies to you.

1	2	3	4	5	6
Always	Very Often	Often	Sometimes	Rarely	Never
1. I wish that I were more muscular.				1	2 3 4 5 6
2. I lift weights to build up muscle.				1	2 3 4 5 6
3. I use protein or energy supplements.				1	2 3 4 5 6
4. I drink weight gain or protein shakes.				1	2 3 4 5 6
5. I try to consume as many calories as I can in a day.				1	2 3 4 5 6
6. I lifted weights before becoming a member this fraternity				1	2 3 4 5 6
7. I lifted weights after becoming a member of this fraternity				1	2 3 4 5 6
8. I lift weights to become better at intramurals.				1	2 3 4 5 6
9. I lift weights in preparation for tugs				1	2 3 4 5 6
10. I feel guilty if I miss a weight training session.				1	2 3 4 5 6
11. I think I would feel more confident if I had more muscle mass.				1	2 3 4 5 6
12. Other people think I work out with weights too often.				1	2 3 4 5 6
13. I think that I would look better if I gained 10 pounds of muscle.				1	2 3 4 5 6
14. I think about taking anabolic steroids.				1	2 3 4 5 6
15. I have taken prohormones or anabolic steroids.				1	2 3 4 5 6
16. I think that I would feel stronger if I gained a little more muscle mass.				1	2 3 4 5 6
17. I think that my weight-training schedule interferes with other aspects of my life.	1	2	3	4	5 6
18. I think that my arms are not muscular enough.	1	2	3	4	5 6
19. I think that my chest is not muscular enough.	1	2	3	4	5 6

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20. I think that my legs are not muscular enough. 1 2 3 4 5 6

21. I think the gender I am sexually attracted to would prefer me more muscular. 1 2 3 4 5 6

22. Approximately how much time do you spend in the gym weightlifting per week?

23. Approximately how much money do you spend on nutritional supplements each month?

Please answer each question to the best of your abilities.

I have been an active member of this fraternity for _____ semesters?

I am _____ years old

Please circle one:

Current Standing in College: Freshman Sophomore Junior Senior

I am sexually attracted to: Females Males Both

Appendix B

CONSENT TO PARTICIPATE IN RESEARCH

"Social Greek Fraternity Members and Their Self-Perceptions on Muscularity"

You are hereby invited to participate in a research study conducted by *Kevin Malburg*, a student from the Department of Counseling and Student Development at Eastern Illinois University. Your participation in this study is entirely voluntary. Please ask questions about anything you do not understand, before deciding whether or not to participate.

• **PURPOSE OF THE STUDY**

The purpose of the study is to determine the extent to which members of Social, Greek fraternities at EIU desire to achieve a muscular appearance and to the extent to which exercise, supplement usage, and self-image factor into muscular development.

• **PROCEDURES**

If you volunteer to participate in this study, you will be asked to:

Respond to all twenty-five items. To the right of each statement (1-21) is a scale ranging from 1(always) through 6(rarely). Circle the number you feel indicates your feelings with regard to the statement. The remaining two items (20-21) are objective questions that should be answered to the best of your ability. The 21 items are followed by four demographic questions. Please respond to each of these questions as well. Completion of the survey should take no longer than ten minutes from start to finish.

• **POTENTIAL RISKS AND DISCOMFORTS**

There are no foreseeable risks from participating in this study. All information

provided is considered confidential and will only be disclosed to the researcher and the faculty sponsor.

- **POTENTIAL BENEFITS TO SUBJECTS AND/OR TO SOCIETY**

There is no intention that participants will gain any direct benefit from participating in this study. Data collected will be added to the growing body of research in the areas of college student development and Greek Letter social fraternities.

- **CONFIDENTIALITY**

Any information obtained in connection with this study will remain confidential and disclosed only with your permission as required by law. Confidentiality will be maintained by means of the researcher collecting the completed surveys and storing them in a safe facility to which only the researcher has access. Survey instruments from a single Greek letter organization will be analyzed separately and in conjunction with the surveys of other Greek letter organizations. The only other person who will see the data will be the advisor of the researcher's project, Dr. James Wallace, who will help compile the data for statistical analysis.

- **PARTICIPATION AND WITHDRAWAL**

Participation in this research study is voluntary and not a requirement or a condition for being the recipient of benefits or services from Eastern Illinois University or any other organization sponsoring the research project. If you volunteer to participate in this study, you may withdraw at any time; without consequences of any kind or loss of benefits or services to which you are otherwise entitled. You may also elect not to respond to any

items you do not wish to answer. There is no penalty if you withdraw from the study and you will not lose any benefits to which you are otherwise entitled.

- **IDENTIFICATION OF INVESTIGATORS**

If you have any questions or concerns about this research, please contact:

Principle Investigator: Kevin Malburg Phone: 581-5431 e-mail: cgkwm@eiu.edu

Address: 1907 4th St. 90 McKinney Hall, Charleston IL 61920

Faculty Sponsor: Dr. James Wallace Phone: 581-7240 e-mail: cfjaw2@eiu.edu

Address: 2112 Buzzard Hall, Dept. of Counseling and Student Development Office

- **RIGHTS OF RESEARCH SUBJECTS**

If you have any questions or concerns about the treatment of human participants in this study, you may call or write:

Institutional Review Board

Eastern Illinois University

600 Lincoln Ave., Charleston, IL 61920

Telephone: (217) 581-8576

E-mail: eiuirb@www.eiu.edu

You will be given the opportunity to discuss any questions about your rights as a research subject with a member of the IRB. The IRB is an independent committee composed of members of the University community, as well as lay members of the community not connected with EIU. The IRB has reviewed and approved this study.

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I voluntarily agree to participate in this study. I understand that I am free to withdraw my consent and discontinue my participation at any time. I have been given a copy of this form.

Printed Name of Participant

Signature of Participant

Date

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KEVIN MALBURG

1907 4th St.

Charleston, IL 61920

Home: 217-581-2171

Office: 217-581-5431

kwmalburg@ciu.edu

EDUCATION

MASTERS OF COUNSELING & STUDENT DEVELOPMENT

May 2006

Eastern Illinois University, Charleston, IL

BACHELOR OF ARTS

April 2004

Alma College, Alma MI

Major: Business Emphasis: Accounting Minor: Computer Science

EXPERIENCE

ASSOCIATE RESIDENT DIRECTOR

Eastern Illinois University, Charleston, IL

Housing and Dining, July 2005 – Present

- Responsible for the administration of a co-educational residence hall community consisting of 150 undergraduate students
- Supervise, train, and evaluate four Resident Assistants (RAs) and twelve Desk Assistants
- Supervise and maintain a complex-wide front desk operation serving a community of 450 students
- Provide on-call crisis response and intervention for 625 residents
- Oversee hall-wide room assignment process during fall and spring semesters
- Adjudicate student conduct cases and provide appropriate sanctioning
- Oversee expenditures and financial procedures for hall programming monies totaling \$3,000
- Serve as primary advisor to:
 - McKinney Hall Council *August 2004 -- Present*
 - Delta Sigma Phi, Inc. *August 2005 -- Present*
 - Air Band for Greek Week *January 2005 -- Present*
 - Rules and Games for Greek Week *January 2005 -- April 2005*
 - Alpha Phi Alpha Fraternity, Inc *January 2005 -- February 2005*
 - RHA Financial Advisory Board *September 2004 -- April 2005*

SPECIAL PROJECTS COORDINATOR

Eastern Illinois University, Charleston, IL

Office of Orientation, August 2005 – December 2005

- Researched online orientations of other universities
- Researched and developed PowerPoint presentations of campus departments for the online orientation
- Developed scripts for students to act in short films for the online orientation
- Assisted in open house and transfer days

ACUHO-I INTERN

Barnard College, New York City, NY

Office of Residence Life, Summer 2005

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- Coordinated RA training for twelve RAs in conjunction with the Director and two other Graduate Assistants
- Produced the RA handbook that is distributed on the first day of RA training
- Directly supervised four RAs with assistance from the Director and Dean of Pre-College Program
- Provide on-call crisis response and intervention for 150 high school students
- Maintained a budget of \$1,000
- Advised the undergraduate Program Coordinator for the Life-After-College Series

ASSISTANT HALL DIRECTOR

Alma College, Alma, MI

Student Affairs, *August 2003 – May 2004*

- Responsible for the administration of a co-educational residence hall community consisting of 171 students
- Supervised, trained, and evaluated three RAs
- Indirectly supervised three additional RAs
- Created, planned, and implemented monthly educational in-service for 46 RAs
- Administered check-in, check-out, maintenance, and discipline procedures
- Oversaw expenditures and financial procedures for hall programming monies totaling \$925

RESIDENT ASSISTANT

Alma College, Alma, MI

Student Affairs, *December 2001 – April 2003*

- Supervised a floor of 25 residents
- Created, planned, and implemented monthly educational, social, and recreational programs
- Responsible for the safety and security of residents and the building
- Enforced residence hall policies and procedures

DATA ENTRY ASSISTANT, Alma College, Alma, MI

Admissions Office, *August 2001 – May 2005*

- Entered computer data and prepare mailings
- Provided campus tours to potential students
- Served as a resource to prospective students
- Answered phones and directed inquiries

UNITED WAY INTERN, Gratiot County United Way, Alma, MI

June 2002 – December 2002

- Member of Gratiot County Needs Assessment Committee
 - Chaired the Needs Assessment Book Revising Committee
 - Gathered data for Needs Assessment
- Created excel documents for United Way finances
- Solicited businesses for financial donations
- Scheduled appointments and organized events

PROFESSIONAL DEVELOPMENT/ACTIVITIES

Graduate

College of Student Personnel Association (COSPA)

- Member, *September 2004-Present*

Great Lakes Association of College and University Housing Officers (GLACUHO)

- GLACUHO Awards & Recognition Committee Member, *February 2005 – February 2006.*
- Pre-Master's case study participant, *November 2005 and November 2006.*

University of Northern Iowa (UNI) Conference

- Co-Advisor, *January 2005*
- Co-Advisor, *January 2006*

Undergraduate

Business Club

- Secretary, *January 2002 – January 2003*
- Member, *September 2001 – January 2003*

Theta Chi Fraternity

- Member, *August 2001-Present*
- Treasurer, *April 2002-December 2003*
- Philanthropy Chair, *December 2001 – April 2004*
- Rush Chair, *April 2002 – May 2003*
- IFC Representative, *December 2001 – December 2002*

Interfraternal Council (IFC)

- IFC Treasurer, *December 2002 – December 2003*

United Way

- Board Member, *August 2002 – December 2002 and April 2003 – April 2004*

Students Offering Service (SOS)

- United Way Chair, *August 2002 – April 2004*